

WHAT IS CLAIMED IS:

1. A sponge cake premix comprising a main ingredient of a cereal powder, a batter prepared by adding a thermocoagulation protein to said premix being cooked under heat with a microwave oven to prepare a sponge cake, wherein said cereal powder comprises starch and pregelatinized starch.
2. The sponge cake premix according to claim 1, wherein said starch comprises at least one of wheat starch, corn starch, tapioca starch, potato starch, rice starch and modified starches excluding pregelatinized starch, said modified starches being prepared by using these starches as the raw materials.
3. The sponge cake premix according to claim 1, wherein said pregelatinized starch is at least one of pregelatinized wheat starch, pregelatinized corn starch, pregelatinized tapioca starch, pregelatinized waxy corn starch and pregelatinized potato starch.
4. The sponge cake premix according to claim 1, wherein said pregelatinized starch is contained in an amount of 25 to 55% by weight based on the amount of the cereal powder.
5. The sponge cake premix according to claim 1, further comprising at least one of water-insoluble dietary fiber selected from the group consisting of cellulose, wheat bran and sugar beet fiber.
6. A sponge cake premix, comprising main

ingredients of a cereal powder and a thermocoagulation protein, a batter formed of said premix being cooked under heat with a microwave oven to prepare a sponge cake, wherein said cereal powder comprises starch and a
5 pregelatinized starch, and said thermocoagulation protein is selected from the group consisting of egg white, casein and whey protein.

7. The sponge cake premix according to claim 6, wherein said starch comprises at least one of wheat
10 starch, corn starch, tapioca starch, potato starch, rice starch and modified starches excluding pregelatinized starch, said modified starches being prepared by using these starches as the raw materials.

8. The sponge cake premix according to claim 6,
15 wherein said pregelatinized starch is at least one of pregelatinized wheat starch, pregelatinized corn starch, pregelatinized tapioca starch, pregelatinized waxy corn starch and pregelatinized potato starch.

9. The sponge cake premix according to claim 6,
20 wherein said pregelatinized starch is contained in an amount of 25 to 55% by weight based on the amount of the cereal powder.

10. The sponge cake premix according to claim 6, further comprising at least one of water-insoluble
25 dietary fiber selected from the group consisting of cellulose, wheat bran and sugar beet fiber.

11. A batter prepared by adding a

thermocoagulation protein liquid to a premix containing as a main ingredient a cereal powder consisting of starch and a pregelatinized starch, said batter having a viscosity of 100 to 300 Pa·s.

5 12. A batter prepared by adding a thermocoagulation protein liquid and at least one of milk and water to a premix containing as a main ingredient a cereal powder consisting of starch and a pregelatinized starch, said batter having a viscosity
10 of 100 to 300 Pa·s.

 13. A batter prepared by adding at least one of a thermocoagulation protein liquid, milk and water to a premix containing as main ingredients starch, a pregelatinized starch, and a thermocoagulation protein,
15 said batter having a viscosity of 100 to 300 Pa·s.

 14. A method of preparing a sponge cake by stirring the raw materials containing as main ingredients a cereal powder and protein to prepare a batter, followed by heating the batter with a microwave
20 oven, wherein said cereal powder includes starch and a pregelatinized starch, said protein is selected from the group consisting of a thermocoagulation protein liquid, a combination of a thermocoagulation protein liquid and milk, a combination of a thermocoagulation
25 protein liquid and water, a combination of a thermocoagulation protein liquid, milk and water, a combination of a thermocoagulation protein and milk, a

combination of a thermocoagulation protein and water,
and a combination of a thermocoagulation protein, milk
and water, and said batter has a viscosity of 100 to
300 Pa·s.

- 5 15. The method of preparing a sponge cake
according to claim 14, wherein at least one water-
insoluble dietary fiber selected from the group
consisting of cellulose, wheat bran and sugar beet
fiber is added to said raw materials.